

TIP OF THE

Feb. 11, 2005

SWORD

Incirlik Air Base, Turkey



Flying Space A

An easy and cheap way
to get where you're going

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On the cover:

Airman 1st Class Amanda Patterson, 728th Air Mobility Squadron passenger specialist, gets checked with a hand held metal detector by Kenan Bektasli, Air Mobility Command Passenger Terminal security guard, as she passes through part of the security process at the AMC Terminal. People who want to fly out of Incirlik on a military flight on vacation can do so through the Space Available program. See related article, Page 4. (Photo by Senior Airman James Seymore III)

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COMMANDER'S COMMENTS



By Col. Michael Gardiner,
 39th Air Base Wing commander

Force protection

It has been nearly a week since I restricted all active-duty military and command-sponsored people to the base, and many rumors are flying around that this is some sort of punishment or a way to raise revenues at the Incirlik Combined Club Complex. Let me assure you, it is nothing of the sort. There were a number of incidents recently that led me to believe people are safer on base than off.

About two weeks ago, I instituted a temporary restriction based on a very specific threat against Incirlik sent through formal U.S. Government channels. While that threat appeared unlikely and did not materialize, we could not afford to ignore it. A few days later, an improvised explosive device was discovered in a club in the alley. Thankfully, it did not explode, but I placed the alley off limits while the Turkish authorities gathered more information about the bomb and who might have placed it. Last Friday, we had a report (which later proved erroneous) of an intruder in one of our restricted areas. On Saturday, security forces detained a contractor who had been taking photographs of fa-

cilities and equipment inside a restricted area. And on Sunday, a concussion bomb exploded outside a US owned company's facility in Adana.

Are these events related? We can't say for certain. But one of the lessons of September 11, 2001 is that we cannot afford to be complacent about the threat of terrorism. Sometimes "connecting the dots" is impossible until one critical piece of information falls into place. In the meantime, we take all necessary steps to ensure the safety of everyone on this base—and periodic restriction is often one of those steps. We are working closely with merchants in the alley to improve their security posture, and to try and assure the same level of awareness we have come to expect on base. You play a vital role by staying vigilant wherever you go, and reporting any suspicious activity to the law enforcement desk at 6-3200. Force Protection here is not a game and must be taken very seriously – your life really does depend on it.

Professional development

Congratulations to the following Airmen who graduated from the Incirlik 56 Club's Airman Professional Development Course:

Senior Airmen **Mayya Gavriluk**, 39th Contracting Squadron; **John Stacy**, 39th CONS; **William Dunston**, 39th Maintenance Squadron; **Stefanie Martin**, 39th Logistics Readiness Squadron; **James Wiese**, 39th Communications Squadron; **D. Jason Smith**, 39th Medical Squadron; **Darren Sinclair**, 39th CS; **Richard Linde**, 39th CS; **William Branham**, 39th CS; **Daniel Cotter**, 39th CS; and Airman 1st Class **Amy Weis**, 39th LRS.

The *Tip of the Sword* wants
to know ...

Do you have a
Love - hate relationship
with running?



Love to run and feel the wind in your hair? Or do you hate to run more than you hate having the flu? Send your opinion of running to sabra.bryant@incirlik.af.mil by March 30 to participate in a completely anonymous poll of the Incirlik community. Results will be used to support an upcoming story in the *Tip of the Sword*.

The 39th Air Base Wing Public Affairs staff prepares all editorial content in the *Tip of the Sword*. The 39th ABW Public Affairs Office (Unit 7090, Box 135, APO AE 09824-5153) is located in Building 833, Room 274. **Submissions:** The editor or other *Tip of the Sword* staff will edit or re-write material for clarity brevity or to conform with the Associated Press Style Guide, local policy and Air Force style as required by Air Force Instruction 35-101. Contributions for the *Tip of the Sword* can be made through e-mail to tip.sword@incirlik.af.mil. The editor can be reached at 676-6060. **Deadlines:** Submission deadlines are Wednesday, nine days, prior to publication date. If submissions are publishable, they run based on space available and priority. **Disclaimer:** The *Tip of the Sword* is printed by Kemal Matbaasi, a private firm in no way connected with the U.S. Air Force, under exclusive written agreement with the 39th Air Base Wing. This funded Air Force magazine is an authorized publication for members of the U.S. military overseas. Unless otherwise noted, photographs are Air Force photos. The *Tip of the Sword* uses information from the Armed Forces Information Service, Air Force News Service, U.S. Forces in Europe News Service and other sources. Contents of *Tip of the Sword* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense or Department of the U.S. Air Force. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. **Contact Information:** To reach the 39th Air Base Wing Public Affairs staff, call 6-3217, fax 6-6492, e-mail tip.sword@incirlik.af.mil or stop by Building 833, Room 274.

Taking up the banner: Leadership through volunteerism

By Chief Master Sgt. Raymond Allen
39th Air Base Wing

Everyone plays a role in leadership and is a leader in some way, formally or informally. Leadership is not the sole responsibility of officers, senior NCOs or senior civilians in the Air Force.

There are many ways we can contribute as leaders. I am going to focus on leadership in the community, specifically volunteering.

We all have a responsibility to give back to the community we live in, especially in an overseas environment like the one here. The neat thing about volunteering is that it is simple to do, it generally only costs you time and effort, it can be fun and in addition to supporting the community, you almost always get some sort of personal satisfaction or accomplishment.

Where do you begin? Look for places to volunteer where you have interests or feel that giving your precious time will pay the biggest dividend. You can be a little selfish, if you have children, look for organizations you can volunteer at together or that provide for some of your children's needs. There are numerous activities in this category, for example the Parent Teacher Student Club at your child's school and associated extracurricular activities that are always in need of adult assistance and supervision. Organizations such as the local Boy or Girl Scout units always need help both from parents whose children are in the troop and from other adult leaders with experience in any number of crafts, hobbies, life skills and career paths.

Another venue for aiding the community can be from the spiritual arena. Church groups both on-and-off base (from all religious backgrounds) have organizations, encounter groups, seminars and retreats offering excellent opportunities for doing good within the local community and in aiding others far away in need. Bring your spouse, children and friends along. Everyone is welcome.

There is also a huge avenue for doing good deeds in professional organizations. In the military community, there is an organization that meets the needs of every grade; the Company Grade Officers Council, Airmen Committed to Excellence, 56 Club and

Volunteer opportunities

People interested in volunteering at Incirlik can contact the following agencies:

- ♦ Base Chapel – Jen Smith at 6-6441
- ♦ Family Support Center – Julie Halstead at 6-6755
- ♦ High School PTSC – Senior Master Sgt. John Herkel, PTSC president at john.herkel@incirlik.af.mil
- ♦ AFSA – Master Sgt. Roberta Williams, AFSA president at 6-1019
- ♦ CGOC – 1st Lt. Jeremy Russell, CGOC president, at 6-8273

Top III are just a few. These and other groups like them are established on bases like Incirlik to provide for and enhance the morale, welfare and quality-of-life for the entire base.

In addition, there are other organizations that operate both at the base, national or international level for the benefit of all in the Air Force and military as a whole. Organizations such as the Air Force Sergeant's Association, Non-Commissioned Officers Association, and The Retired Officers Association work hard to enhance the public's understanding and feed their interests in what we in the military do for the United States of America.

They also lobby Congress to ensure we in the military and those who have retired are justly cared for. These organizations can locally enhance military traditions and honors through participation and contribution to Professional Military Education and quarterly and annual recognition programs.

All of these organizations, though diverse in the intended audience and objectives, have common themes. To provide for the community we live in and to make it a better world to live in. We all can do our part by being willing members of these groups and through participation as volunteers and leaders. All it takes is a little time and energy to make a difference. Do you have what it takes to help others? I bet you do and I further bet you will reap the rewards of your efforts.

YOUR TURN

What is the best part of
Valentine's Day?

"Getting jewelry."

– **Tiffany Madden,**
Incirlik
Spouse



"I can make sure my wife knows I love her."

– **Senior Airman David Boyer,**
728th Air
Mobility
Squadron



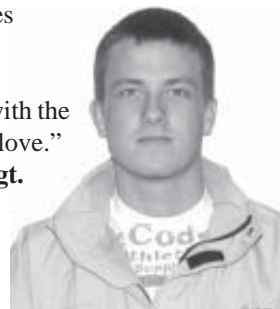
"Being acknowledged by the special someone you care for ... and all the chocolate!"

– **Nerissa Atkisson,**
39th Services
Squadron



"Being with the people you love."

– **Staff Sgt. Jeremiah Madden,**
728th Air
Mobility
Squadron



"Getting a rose, I love roses."

– **Sera Alfaro,** De-
fense Com-
missary
Agency



To submit a question for "Your Turn," call 6-6060 or e-mail tip.sword@incirlik.af.mil

AMC helps people fly away Space A

By Senior Airman Jessica Switzer
39th Air Base Wing Public Affairs

People can fly all over the United States and wherever the U.S. military is by using the Air Mobility Command's space-available travel program.

While all military members and their families may fly space available, AMC's first responsibility is airlifting official Department of Defense traffic. Space-A passengers are accommodated only after official-duty passengers and cargo, according to AMC pamphlet 24-203.

In order to be able to get on the plane, people in the military must be on leave at the time they apply to fly space A. Military members may sign up no earlier than the date listed in block 11 of their leave form. Dependents may sign up for space A on or after the date listed on their command sponsorship letter, and if using environmental morale leave, they can sign up no earlier than the "effective date of sign up" date on the EML form.

"In both cases they stay in the space A backlog for 60 days after they've signed up or until they travel, whichever comes first," said Staff Sgt. Evelyn Jackson, 728th Air Mobility Squadron passenger services supervisor.

When they sign up to fly out people need to be aware of the schedule of flights from the terminal. The schedule varies for the rotator in and out of Incirlik to the United States. To cut down on uncertainty it is a good idea to call the terminal when planning a trip.

"We normally know the rotator schedule about 60 days in advance," said Sergeant Jackson.

While there are no restrictions on what time of year a person may travel, Sergeant Jackson said some busy times to travel are during any school breaks, especially summer since that is a high PCS season; major U.S. holidays like Christmas, Thanksgiving and New Year's day; and the August back to school season.

These times get a lot of traffic because



Photo by Senior Airman James Seymore III
Tech. Sgt. Kathryn Manning, 39th Communications Squadron graphic artist, and her son Joseph Manning, 18 months old, pick up their plane tickets from Senior Airman Sara Shaver, 728th Air Mobility Squadron Passenger Service representative.

"people are trying to get back and get their kids to school," said Sergeant Jackson.

Even if people do follow these travel rules of thumb, space A is not a guaranteed flight, so it is good for them to have a back-up plan.

"My advice is to talk to people and get their experiences," said Sergeant Jackson. "Call the AMC terminal, we are the insiders of the space A world."

One of the unpleasant experiences a traveler might run into is getting to the United States and finding out the bags they brought from Incirlik are too heavy.

Luggage on the space-available flights is restricted to 70 pounds per bag and two bags per person not to include a carry-on.

According to AMCPAM 24-203, space A passengers are not allowed to carry or pay for excess baggage when flying space available. Only those passengers on duty status may pay for excess baggage.

"My best advice is to pack light," said Ser-

geant Jackson. "Keep it at 50 pounds or less so you don't run into problems when you get back to the states."

Airlines in the United States may have different policies for checked and carry on baggage so it might be a good idea to verify with civilian carriers beforehand.

There are other restrictions for space A travelers; they may not bring pets with them when they fly space A and there may be nominal fees involved to get on a flight according to AMCPAM 24-203. To fly from Incirlik to Baltimore, Md. costs \$25.70 per person, which covers Federal inspection fees and head tax, a tax charged on every person entering and leaving a certain area.

"There is a pamphlet available at the AMC terminal with a lot of good information on traveling space A, I wish more people would use it," said Sergeant Jackson "It's before the metal detectors; you don't even have to walk through the door."



Combat Care is a U.S. Air Forces in Europe program designed to improve the care, attention and information flow to spouses and families and create a sense of community among those coping with deployments.

The family support center is looking for volunteers to form a deployed spouse network. For more information or to volunteer, contact Master Sgt. Alicinne Peebles, FSC readiness NCO in charge, at 6-6755.

Celebrating golden oldie

Incirlik to host Anniversary celebration, needs assistance

By 1st Lt. S.J.B. Bryant

39th Air Base Wing Public Affairs

February marks Incirlik's 50th year in operation as a vital part of the United States' European strategic plan and the base is planning a summer full of celebrations with a base-wide barbecue and gala as a finale.

Who would have thought that a base whose name means "fig orchard" would be so instrumental in Strategic Air Command's encounter with the Soviet threat and in every major crisis in the Middle East since its inception?

From its humble beginnings as a runway built in 1951 by the United States Engineering

Group to the expansive installation it is today, the past 50 years of Incirlik's existence will be remembered and celebrated June 11 to 18 with ceremonies, contests and social gatherings.

"This is going to be a spectacular celebration," said Senior Master Sgt. Donald Byars, Incirlik 50th Anniversary Committee assistant chairperson. "But we need a lot of help along the way to make it all fall into place. What we need most is volunteers to help on the various committees like decorations, fundraising and special activities. This celebration is for everyone so we are asking for everyone's help."

The committee is planning a historical "time capsule" and monument dedication with troop formations, a sports day and barbecue at

Arkadas Park for U.S. and Turkish base people complete with music and friendly competition, essay and poster contests and a formal dinner for distinguished visitors and base leadership.

"You only celebrate a 50th anniversary once and we really want to do it right," said Capt. Coleen Foust, Incirlik 50th Anniversary Committee chairperson. "We owe it to ourselves and those who shaped this base before us to make this a spectacular celebration."

To volunteer for one of the following committees, call the point of contact listed or e-mail Sergeant Byars at Donald.byars@incirlik.af.mil or Captain Foust at coleen.foust@incirlik.af.mil.

CS wins USAFE award

By Senior Airman Jessica Switzer

39th Air Base Wing Public Affairs

The 39th Communications Squadron won the 2004 U.S. Air Forces in Europe Maintenance Effectiveness Award for outstanding medium unit communications-electronics.

The award, announced Jan. 26, is based on the consistency and range of the 39th CS mission accomplishments over the last year, said Maj. Jeff Collins, 39th CS mission systems flight commander.

"We accomplished a lot, from support for Operation Iraqi Freedom to cutting telephone bills by \$300,000 in a single month," he said. "We also achieved a 98 percent overall uptime rate on the radar and flight navigation systems and earned an excellent rating during the unit compliance inspection."

It took many hours of hard work by people in the unit to bring home the victory and that credit rests squarely on the shoulders of the men and women who work hard each and every day, said Maj. Collins.

"The NCOs and Airmen communications maintainers who were willing to work at all hours and pay meticulous attention to detail won the award for Incirlik," he said. "There's no substitute for routine day-in and day-out maintenance for ensuring communication systems stay up and ready for action."

All that hard work made for a sweet victory.

"The day we found out (Major Collins) and I were jumping for joy for our guys," said Senior Master Sgt. Keith Mullis, 39th Communications Squadron mission systems flight superintendent. "They went out, kicked butt and took names."

After tackling the USAFE award the unit has turned immediately to the next challenge.

"The surety inspection is our focus right now," said Maj. Collins. "We are also working to bring broadband Internet to the Incirlik community over the next few months."

The USAFE-level award winner will now compete at the Air Force level.



Photo by Senior Airman Dallas Edwards

Me and my shadow

Sueann Herkel, 39th Air Base Wing chapel protestant, parish and religious education coordinator, demonstrates the finer points of her job to her daughter Jessica Herkel, Incirlik high school student. Jessica was one of the 76 Incirlik high school students that participated in the eighth annual Job Shadow Day. The day was intended to give middle and high school students around the United States a chance to see all the things they learn in school applied in real life.

Happy

Valentine's

Mom,

Thank you for your encouragement, support and questions through the years. You were and are a constant example of what a great person I could become and I am still striving to better – I love and thank you for that and so much more. Happy Valentine's Day.

Love,
Shanda

To: Mike

Happy V-day, Mike,
I love you and miss you, now and always...me
From: **Nancy Shrope**

To: Lisa

Love you always!
From: **Kevin**
P.S. Casey and Jordan, love ya too!

To: Mom and Dad,

You can not know how much your support has meant to me.
I couldn't have done it without you
I miss you, I love you,
From: **Jessie**

To: Lisa, Zac and Maia,

You make me smile every day. I am so lucky to have such a loving and supportive family. I love you all dearly.
From: **John Casterline**

To: Jen

Happy Valentine's Day BabyDoll. You make my life more special then I could have ever dreamed of. I Love you!
From: **Corey**

To: Clarence S. Harrison

The most wonderful husband in the world. I am so in love with you and so blessed to have you in my life.
Love **Michelle**

St. Valentine

The mystery behind the holiday

*Roses and wine,
Dinner divine
Won't you be
My Valentine?*

Poems like this and others have been around for centuries, but what is the true history of Valentine's Day?

The feast of St. Valentine was instituted in the fifth century by Pope Gelasius, however it is not known which St. Valentine the feast was honoring.

The Roman Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. The mystery is deepened further that even the stories of the saints are muddled.

One story says Valentine was a priest in Rome during the third century. The emperor Claudius II had forbidden young men to marry because he believed that single men with no attachments or families to worry about made better soldiers. Valentine married couples in spite of the decree and was put to death when his actions were revealed.

Other stories suggest Valentine was killed for helping Christians escape from Roman prisons.

Valentine even sent the first 'valentine' greeting himself according to yet a third legend. While in prison Valentine fell in love with a young girl, even healed her of blindness. On the night before he was executed he sent her a letter signed "From your Valentine" a greeting still used in today's Valentine's Day greeting cards.



To: **Stew**

Happy Valentines Day Honey Bunny! I love you with all of my heart!!! XXXOOOXXXOOOXXX

From: **Roberta**

To: **Yvonne**

Mother of my children,
Heartfelt to the soul,
Of love and hope and peace and joy,
Forever 'till we're old.

With this gift I dedicate,
two score and four years,

Day

While the Feast of St. Valentine is no longer celebrated by the Catholic Church, its popularity had grown so much by the longer matters. Today an estimated one billion valentine cards are sent each year according to the Greeting Card Association. That

makes it the second largest card sending holiday of the year, just after Christmas.

The popularity of valentine greetings goes as far back as the middle ages and written valentines began to appear around A.D. 1400.

Another Valentine's Day legend is that Charles, duke of Orleans, sent the first valentine card to his wife in 1415. At the time the duke was imprisoned in the Tower of London.

During the eighteenth century in Great Britain all classes of people exchanged gifts and greetings. By the end of the century, printed cards began to overtake hand written notes. And in the 1840 Esther Howland began sell mass produced valentines in America.

Cheaper postage rates and improvements in printing technology contributed to this shift. The eighteenth and nineteenth centuries were also times when expressing feelings were frowned upon by society so a greeting card simplified expressing emotions.

So whatever way you say it, in card, poem or person, Happy Valentine's Day has

been around a long time. (Information from www.historychannel.com, <http://penelope.uchicago.edu> and www.americancatholic.org contributed to this article.)

Photo cutline: Senior Airman Richard Brown, 39th Civil Engineer Squadron readiness journeyman, hugs Airman 1st Class Petra Sapp, 39th Security Forces Squadron member, after she accepted his marriage proposal. (Courtesy photo)

And celebrate undying love,
With cheerful, loving tears.

So go with me this precious day
And honor with me with your stay
I'll be with you through thick and thin
And worship you 'till the end.

I love you Yvonne, Happy Valentines Day 2005!!!!

From: **Don**

To: **Esteban,**

Thank you so much for being such a wonderful blessing in my life and helping to make the last nine years amongst my happiest. Happy Valentine's Day and Happy Anniversary.

Love,

Shanda

Shanda,

You are on my mind
and with the me of today.
And the me of tomorrow
loves the you of yesterday.

And when we're old
And when we're gone
I'll always remember
You with me at Botcon.

-Esteban

To: **Todd**

Nineteen years is not enough. Thank you for being my partner and best friend. PS How about eggs for dinner!

Love, **Sharon**

To: **Donnie Timon**

I STILL DO....YES

From: **Mandy Timon**

To: **Tom,**

You have all of my love and my respect forever. Happy Valentine's Day.

Love, **Amy**

To: all the **PWOC ladies,**

Happy Valentine's Day! Remember above all, Jesus loves you this day and always!

From: **Amy**

To: all my **spinning buddies,**

You brighten those early mornings!

Spinningly, **Amy**

Master Sgt. Larry Dostart, 39th Maintenance Group quality assurance chief inspector, takes inventory of Girl Scout cookies. The cookies go on sale Saturday at booths set up at the Official Document Center, base exchange and commissary.



Photo by Senior Airman James Seymore III

Girl Scout cookies arrive

Incirlik cookie sales to start Saturday

By Staff Sgt. Shanda De Anda
39th Air Base Wing Public Affairs

The Adana-Incirlik Neighborhood Girl Scouts received their long-awaited shipment of about 150 cases worth more than \$6,000 of Girl Scout cookies Tuesday.

After the inventory and distribution processes are complete, sales will start Saturday and continue during subsequent weekends throughout February.

In anticipation of a January arrival of cookies, girls from several different troops participated in a Cookie Kick-Off Party Jan. 16 where they learned the skills needed for a safe and successful cookie season.

"The Girl Scouts learned to manage money, interact with customers, set goals and use the funds they earn for trips and badge work," said Col. Mary Parker, 39th Maintenance Group commander and Adana-Incirlik Neighborhood Girl Scouts military liaison. For her, the most rewarding parts of watching the girls put their training into practice are "seeing them learn math skills by making change, interface with customers as they describe the various cookies to help customers make their selections and experiencing their excitement when they've made a sale."

"(The Girl Scouts) learned so many things, it was a great success; they learned all about the cookies and know which ones are their favorites and can help you choose yours," said Staff Sgt. April Rogers, 39th Communications Squadron base publications manager and Adana-Incirlik Neighborhood Girl Scouts

Overseas Committee chair. "The most rewarding part (of this training) for me was seeing the smiles on their faces and the confidence they've gained in themselves; 'Girl Scouts—Where a girl grows strong' is our motto and I believe that fits here."

"From the first-time Brownies to the older Juniors and Studio 2B girls, they've learned so much ... My rewards are from them, knowing I've been a part of their lives and made a difference, as well as their leaders."

In addition to other safety concerns, the kick-off party addressed cookie sale restrictions at Incirlik. Unlike at other places, "cookies will not be sold door-to-door," said Colonel Parker.

"Instead, cookies will be available at booths to be setup at the base exchange, Official Document Center and commissary," Sergeant Rogers added. "We ask for people to please be patient when making purchases."

The money raised through cookie sales will help the Girl Scouts with various events, trips and, for some, the Girl Scout Summer Camp.

"We are very appreciative of everyone who purchases these awesome cookies (which also freeze great) and I am very proud of each and every one of these Girl Scouts," said Sergeant Rogers. "I am also very proud of all the leaders, advisers, parents and volunteers who have been incredible and it shows through the girls; they should all be proud of themselves."

We would like to extend "a special thanks to the Army and Air Force Exchange Service for shipping the cookies from the (continental United States) to Turkey 'gratis' and to Steve Hills, Incirlik AAFES general manager, for personally working the delivery of the two pallets of cookies from AAFES to the staging area for inventory," said Colonel Parker.

IN THE NEWS

Flu shots mandatory

Flu shots are mandatory for all active duty personnel. Because of low supplies, flu shots were previously limited to deployed Airmen, those preparing for deployment and others identified as "at risk." As supplies have increased, those limitations have been lifted. The immunizations clinic is open to administer the shots 7:30 to 11:45 a.m. and noon to 4 p.m. Mondays through Fridays. For more information, call Tech. Sgt. Fentress Posey or Staff Sgt. Lori Freeman at 6-8254.

Professional Development

The Incirlik 56 Club offers a two-day professional development course for Airmen one month away from putting on senior airman and senior airmen that do not have a line number for staff sergeant and have not attended Airman Leadership School. The course covers a variety of topics to prepare Airmen to be future leaders. For more information, call Tech. Sgt. Jeff Thomas at 6-3567.

Dress code

There is a dress code for the Sultan's Inn Dining Facility. Military Uniforms must adhere to AFI 36-2903 and civilian dress must be clean, in good repair and in good taste. Printed slogans must not be offensive or contain profanity.

Shoes must be worn in the facility and hats will not be worn except for armed security forces personnel or others bearing arms while performing duties and medical food inspectors performing facility inspections.

Swimwear and soiled athletic clothing is not authorized. Athletic clothing appropriate for street wear is authorized provided it is clean and not revealing. For questions or for more information call Military Personnel Flight customer service at 6-3280.

Town hall meeting

There is a town hall meeting 5 p.m. March 1 at the base theater. The meeting is to address family and dormitory housing concerns. Everyone is invited to attend. For more information, call George Hatsihtis at 6-6232.

New Year, New You, Part II

Is February a bad month to pursue resolutions?

By 1st Lt. S.J.B. Bryant
39th Air Base Wing Public Affairs

Editor's note: The following article is part two in a monthly series on what some people are doing to keep their New Year's resolutions.

It is February and the brouhaha has not calmed since many made New Year's resolutions. The gym is still packed on a daily basis. The orders for low-fat/low-carb/low-everything still outnumber burgers and fries. And the pedometers received as holiday gifts are still registering the recommended 10,000 steps a day.

On the other hand, some studies show by February people have gotten bored with promises made amid the fanfare and fireworks of Jan. 1, but not *Tip of the Sword's* New Year, New You participants.

2nd Lt. Rebekah Greenwood, 39th Communications Squadron Aerospace Communications and Information Expertise lieutenant, and her husband, Staff Sgt. Jared Greenwood, 39th Logistics Readiness Squadron vehicle maintenance quality assurance evaluator, are still climbing the mountain of financial peace. Senior Airman Jason Procaccino, 39th Security Forces Squadron pass and registration clerk, has enrolled and now attends college in hopes of obtaining an associate degree on his way up the education ladder. Four members of the 39th Air Base Wing manpower and organization flight and a Personnel Support for Contingency Operations team member, also known by their team name, "Cuttin' Up," are shaping up during the Health and Wellness Center's annual "Big Loser" program – Senior Master Sgt. Donald Byars, MO chief; Master Sgt. Robert Rochester, MO superintendent; Staff Sgt. Trish Keen and Martha Valdez, MO analysts; and Staff Sgt. Anndee Williams, PERSCO member.

February is not an easy month in which to get fit, gain financial stability or make school/work commitments. The month hosts an array of celebrations which could cause backsliding on those resolutions. For example, February is Canned Food Month and Great

American Pie Month. What a way to ruin a diet. It is also National Weddings Month and the month of Valentine's Day, both of which are sure to put strain on the wallet. And do not forget that Feb. 27 is No Brainer Day and Feb. 28 is Public Sleeping Day, both of which could put a damper on good study habits. Never fear because February also boasts physically, mentally and financially "healthy" observances as well like National Grapefruit (and Cherry) Month for those getting fit, Thinking Day on Feb. 22 for the homework-aholics and Random Acts of Kindness Day Feb. 17 that will not cost those watching their pennies one cent. However, it may not be celebrations that throw resolutions off course, it might be everyday activities.

"I think that if a person has a solid grip on their finances it relieves a lot of unnecessary stress in their life like living paycheck to paycheck or marital problems" said Lieutenant Greenwood who, along with her husband, is taking the chapel-sponsored Financial Peace University to help her reach her goal of getting financially fit so they can start investing. "This is a goal we have attempted before with very little success. However, with the support of the church and my family, we have already established an emergency fund, developed a budget and begun a debt payoff snowball."

The Greenwoods hope to ultimately be financially stable enough in the future that they can begin investing more money. This "financial promise" is a New Year's resolution they hope to pass on to their children so they do not have to struggle as their parents did.

Airman Procaccino always wanted to go to college but never had the time before. This year, his resolution was to make the time to obtain an associate's degree. He has already set his sights on his 2006 New Year's resolution as well – a bachelor's degree.

"It is my first step," said Airman Procaccino, who notes the support of his wife as instrumental but admits that win or lose, the task is ultimately his to accomplish. "I am currently enrolled at the University of Maryland criminal justice classes. The benefit of accomplishing this New Year's resolution is a successful future."

"A healthy lifestyle will allow me to better serve my country with fewer physiological problems and act as a role model to support my fellow Airmen," said Sergeant Byars, who got his wife on board the health kick as well as his office. "It is not really a New Year's resolution. But everyone in the office wanted to either lose weight, get fit or eat healthier so the HAWC-sponsored 'Big Loser' program was the perfect opportunity to accomplish all three at one time. My personal goal is to lose 10 pounds and pass the fit test, so I have added more activities to my schedule and allotted more time to working out at the gym."

"We have all set goals for the time frame and are now establishing objectives to make them happen," said Sergeant Keen, who admits her goals were set with her children in mind. "It is one thing to say you want to lose weight, but you need things (objectives) to make it happen. So the team tests the mile-and-a-half run every week to see if our routine is helping us meet our goals. My goals are not just for me, but for my children as well. I want to set a good example and be around to see them grow."

Tune in to the *Tip of the Sword* next month when the eight participants' accomplishments and challenges are highlighted during one of the resolution's biggest "promise breaking" months of the year – March.

Senior Airman Karen Whitted, 39th Medical Squadron diet therapy technician, demonstrates how to be health conscious while making meals during the Big Loser healthy cooking class Tuesday at the Health and Wellness Center. (Photo by Senior Airman Jessica Switzer)





Ask MEHMET

By Mehmet Birbiri, *Host Nation Adviser*

Turkish National Anthem

Question: I was visiting a Turkish friend at his house and knowing that I am a soccer (football) fan, he asked me if I wanted to watch a soccer match on the television. The stadium was full and the spectators were supporting their team very strongly. They were chanting before the game started and even before the players came onto the field. It was almost impossible to hear the announcer.

The teams and referees came on the field under very loud screams. But to my surprise, right before the referee blew his whistle to start the match, everybody in the stadium stopped screaming, stood up and started to sing the Turkish national anthem. When I looked closer, I noticed that the players were also singing. It sounded quite interesting. Mehmet, I would like to know what those words mean.

Response: The national anthem of every country is special and should be fully respected, but the Turks are quite different. In addition to being a national symbol, the words of the anthem tell about the War of Independence and reminds us of our rich history.

We sing it with pride before every match of any nationally-played game, soccer, basketball, volleyball, ... etc. In recent years, we started to sing it in the stadiums even when our local teams play against each other. School children sing it every Monday morning before starting classes.

The words of the anthem were written by Mehmet Akif Ersoy, a famed Turkish poet.

Initially, a competition was held in 1921 to select a poem for the national anthem but none of the 724 entries were chosen. Ersoy was asked to write the poem for payment, but refused. He later wrote the words to the anthem without pay, after being personally asked by the Ministry of Education to do so, without pay. The poem he wrote was so loved and accepted by the Grand National Assembly that he was asked to read it 10 times at the assembly when it was forwarded for acceptance, receiving endless applause



The design on the Turkish flag has a long history that began with the Ottoman Empire.

each time. Turkish musician Zeki Ungor later composed the music for the anthem.

The following is the translated version of the anthem:

Fear not and be not dismayed, the crimson flag will never fade.

It is the last hearth that's burning for my nation, and we know for sure that it will never fall.

It's my nation's star and it is mine...

Frown not, fair crescent, for I am ready to die for thee.

Smile now upon my heroic nation; leave this anger lest the blood shed for thee unblest be.

Freedom is the right of this, my nation.

Yes, freedom for us who worship God and seek what's right.

The Turkish Flag

Question: Mehmet, what is the symbolism behind the Turkish flag's crescent moon and star?

Response: The Turks have had numerous flags during their long history, and the crescent was on almost every one of them.

Turks are Moslems, and many Moslem countries display crescents of different shapes and colors on their flags because the flag of the Ottomans displayed three crescents on a green background.

The Ottomans started to use one crescent and a star on their flags, similar to the current Turkish Flag, after the 16th century.

There's a great story behind the color and symbols on the Turkish flag, which was officially adopted May 29, 1936. The story goes: one of the great Ottoman sultans, Yavuz Sultan Selim (father of Suleiman the

Magnificent), went to war with the Mameluks in Egypt in 1517. He defeated the Mameluks and added Egypt to the Ottoman territory. The evening after the victory, Sultan Selim wandered around the battlefield and saw a puddle of his men's blood. The moon and a star reflected in the blood in a shape similar to the current Turkish flag. Sultan Selim was so impressed from that combination that he ordered an image of the reflection be used as the Turkish flag.

In Turkish

bayrak - flag
(by - rock)

yildiz - star
(yehl - dezh)

ay - moon
(eye)

milli - national
(mill - lee)

millet - nation
(mill - let)

Vatan - homeland
(vah - tahn)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

THE INCIRLIK GUIDE

NAAH Month events

There are several activities planned for National African American History Month: **Saturday** – Three-on-three basketball tournament at the fitness center from 10 a.m. to 2 p.m.; **Monday** – Soul food sampler at the Crossroads Café from 11 a.m. to 1 p.m.; **Tuesday** – Bowl-a-thon 9 a.m. to noon and 1 to 4 p.m. A limit of 20, five-person teams with entry donations of \$10 per person. For more information, call Master Sgt. Tracy Carpenter at 6-9560; **Feb. 26** – NAAH Month Extravaganza from 6 to 10 p.m. at the club. For more information call Master Sgt. Curtis Palmer at 6-3131.

Riding club

The Incirlik Country Plains Riding Club hosts **pony rides** Saturday from noon to 3 p.m. for \$5 per person. **Child birthday parties**, to include pony rides, decorations and games, can be arranged and customized through the stables. For more information call, Angela Hill at 6-2153 or Dawn Welton at 6-5234.

Family support center

The following classes are available through the family support center: **Heart Link** program is geared toward spouses new to the military and meets today from 9 a.m. to 3 p.m.; the **Solo Flight Club**, offers an opportunity for unaccompanied, single or going it alone parents to network and meets at the Piper Lounge Tuesday from 11:30 a.m. to 12:30 p.m.; **Bundles for Babies** offers pregnant women the opportunity to network with other expectant mothers and Incirlik health-care professionals and meets Wednesday from 5 to 7 p.m. For more information call, 6-6755.

Community center

The following classes are available at the community center: **Conversational Turkish** beginners meet Mondays and an intermediate class meets Thursdays; **Turkish cooking** classes are Tuesdays; **Swing Dance lessons** are Mondays. These classes meet from 6 to 8 p.m. and cost \$25 per month; swing lessons gives couples a \$5 each discount.

WARRIOR OF THE WEEK



Jerry Simmons,
39th Contracting Squadron
Performance Management Flight chief

Time in service: Two years

Hometown: Tampa, Fla.

Time on station: Six months

Hobbies: Billiards and fishing

Why did you join an Air Force support organization?

I am retired from the Air Force, but I still wanted to serve my country and continue with the great Air Force way of life. The answer to that was to join civil service.

What do you like most about Incirlik?

I like the fact that Incirlik is a forward strategic location and we can provide the warfighter with that 'hub' support needed for success of the mission. Incirlik is a

very close knit community and that promotes the harmonious relationships between organizations to get the job done.

How do you contribute to the 39th Air Base Wing's mission?

Provide oversight of U.S. Air Forces in Europe's largest base maintenance contract, the Turkey Base Maintenance Contract, the operations and maintenance contract for the performance of mission and quality-of-life support at installations throughout Turkey.

What is your favorite motto?

The 39th CONS focus areas: mission, family, common sense, communication, tempo and the future. This encompasses everything that our contracting community strives for.

What Air Force core value best describes you? Integrity first! Without integrity in one's self you cannot be a successful leader.

Supervisor's quote: "Most of us here at Incirlik or assigned here in Turkey don't begin to understand the full extent and scope of the TBMC contract even though it probably touches their lives every day," said Maj. Paul Bugenske, 39th CONS commander. "TBMC is successful due to the efforts of a lot of people ... I count on Jerry to lead the way."



For sale: 1986 Volkswagon Golf GTI, A/C, CD changer, manual transmission. The car meets U.S. specs; runs great. \$1,200 OBO.

Call James at 0537-841-2649.

For sale: 1994 Honda Civic hatchback, three door, air conditioning, red, low mileage, one owner car. The car meets U.S. specs. Selling for \$3,975 OBO. Call Julie at 0-555-202-5140 for more information.

Volunteers needed: Volunteers for the Overseas Committee Chair position for Girl Scout Year 2005-2006 are needed. There is training available for the position. For more information call April Rogers at 6-6321 or 6-5748.

Positions available: The community center needs instructors for all types of dance and cooking classes. Call Nerissa Atkisson at 6-1032 for details.

Positions available: If you are a good student, aged 16 to 23, you may qualify for a stu-

dent hire position with the Defense Commissary Agency, Europe, at the Incirlik Commissary. Applicants must be U.S. citizens and family members of active-duty military or federal civil service workers in Europe on official orders. Go to www.chrma.hqusaureur.army.mil and click employment, U.S. appropriated funds, announcements in Europe and enter "family member" in the key word search. Look for Family Youth Part Time Employment Program.

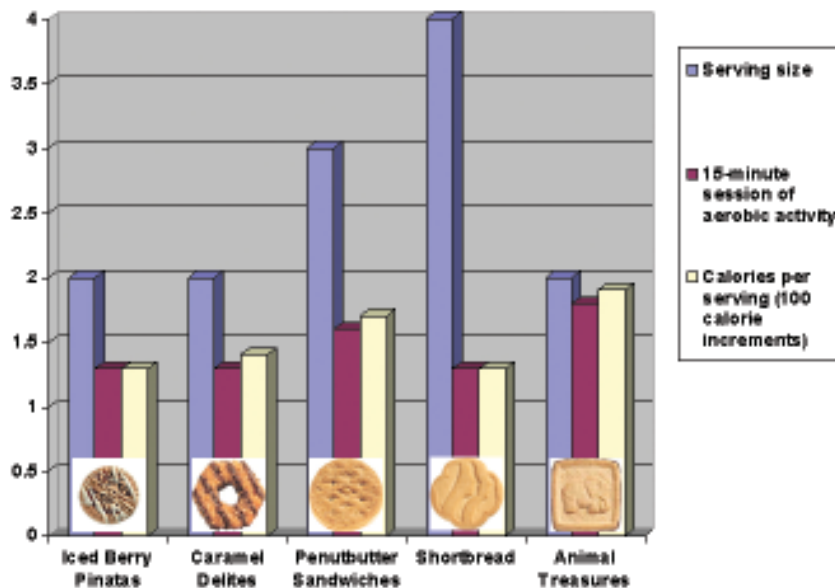


This is the solution for the crossword puzzle published in the Feb. 4 edition of the *Tip of the Sword*. Crossword puzzles are published in the first *Tip of the Sword* edition of every month. For more information, call 6-6060 or e-mail the *Tip of the Sword* staff at tip.sword@incirlik.af.mil.

Balancing act

Girl Scout cookie sales start Saturday and with the current focus on fitness from Combat Fitness to the 'Big Loser' competition people may be reluctant to buy. But consuming a single serving, anywhere from two to four cookies, will not lead to a total collapse of fitness goals. Recommended serving sizes for several types of Girl Scout cookies, calories per serving and amount of aerobic activity required to burn consumed calories are shown in the graph (right). Overall it takes less than 30 minutes of aerobic activity to burn the calories consumed by one serving of cookies. Balancing calorie intake with physical activity, may help reach fitness goals. (Cookie calorie information courtesy www.girlscoutcookiesabc.com/atc/)

Aerobic activity required to burn calories may vary per person. To get a more individualized calorie burning assessment, schedule an appointment at the Health and Wellness Center at 6-8256. (The use of images and Girl Scout information in this publication is protected by Girl Scouts of the United States of America copyright. All rights reserved.)



Graphic by Staff Sgt. Shanda De Anda

COMBAT, SPECIAL INTEREST PROGRAM

Project CHEER

An **X-Box tournament** to qualify for the U.S. Air Forces in Europe Championship is Saturday and Feb. 19 at 1 p.m. Cost is \$5 to play. Winner takes the cash. **Movie Night**, for people 18 years of age and older, is Feb. 24 at 5 p.m. Refreshments will be served at this free event. Both events are at the community center. For more information, call 6-6966.

The golf course offers a **Dorm Dweller Outing** four person scramble Feb. 27 at 1 p.m. Sign-up deadline is Feb. 26. Prizes to be awarded. Cost is \$6; does not include green fees, clubs and golf cart. Dorm residents receive a 2-for-1 special. For more information, call 6-3313.

Crossroads Café

Today: The 39th Communications Squadron sponsors food and fellowship at the Crossroads Café from 7 to 11 p.m. It is open to everyone ages 18 and older. **Saturday:** The Top III organization sponsors food and fellowship at the Crossroads Café from 6 to 10 p.m., all ages welcomed. For more information, call Senior Airman Tianna Milagro at 6-6441.

Combat Touch happenings

Catholic Sunday Bible Study meets Sundays at 3 p.m. in the chapel conference room. For more information, call Michael Luna at 6-9180. A **Chapel-sponsored pilgrimage** to Cappadocia is planned. For more information, call 6-6441.



AT THE OASIS

Today

7 p.m. – Lemony Snicket's A Series of Unfortunate Events (PG) (1st Run) –



Starring Jim Carrey and Timothy Spall. Violet, Klaus and Sunny Baudelaire

are three young children who receive news that their parents have died in a fire and left them an enormous fortune not to be used until the eldest child is of age. They are taken in by a series of odd relatives and other people, including Lemony Snicket who narrates the film, and the cunning and dastardly Count Olaf. (98 minutes)

9 p.m. – Spanglish (PG-13) (1st Run) – Starring Adam Sandler and Téa Leoni. When the beautiful native Mexican woman, Flor, the mother of a 12-year-old girl, becomes the housekeeper for an affluent Los Angeles family, cultures collide. (87 minutes)

Saturday

5 p.m. – Lemony Snicket's A Series of Unfortunate Events (PG) (1st Run) – Starring Jim Carrey and Timothy Spall. (98 minutes)

7 p.m. – Spanglish (PG-13) (1st Run) – Starring Adam Sandler and Téa Leoni. (87 minutes)

Sunday

7 p.m. – Alexander (R) – Starring Collin

Farrell and Angelina Jolie. By age 32, Alexander the Great had amassed the greatest empire the world had ever seen. In between his life was marked by a tumultuous relationship with his parents who were determined to put their child on the throne at any cost. (173 minutes)

Thursday

7 p.m. – Bridget Jones: The Edge of Reason (R) – Starring Renée Zellweger and Colin Firth. Six weeks after the events in Bridget Jones's Diary, London singleton Bridget Jones is still happily dating human-rights lawyer Mark Darcy. But eventually she starts to notice his flaws and begins wondering if he is interested in someone else. Bridget's love life is further complicated when her former boss and flame arrives on the scene. (108 minutes)



AT THE M1

Lemony Snicket's A Series of Unfortunate Events (PG) — 11:30 a.m., 1:45 p.m., 4 p.m., 6:30 p.m., and 9 p.m. (110 minutes)

Shall We Dance (PG-13) — Noon, 2:15 p.m., 4:30 p.m., 7 p.m., 9:15 p.m. and 11:45 p.m. (122 minutes)

Polar Express (G) — 11 a.m., 3:30 p.m. and 5:30 p.m. (90 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of the Tempe Cinemaxx Web site at www.tempecinemaxx.com.tr. For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.